

# Being Sober and Becoming Happy

A weekend retreat with John MacDougall

This retreat is based on five themes from John MacDougall's book, "Being Sober and Becoming Happy:"

- **Staying Sober:** a review of what the essentials are for getting and staying sober.
- **Spirituality and Recovery:** the development of spiritual resilience that can support sobriety over the life span.
- **Surrender and Trust:** learning to surrender to a Higher Power, and learning to trust in God, in trustworthy people, and in life itself.
- **Spiritual Healing for Abuse and Trauma.**
- **Hope:** finding sources of hope regardless of one's life situation.

We will have a combination of lectures and discussions as we support each other.

**\$325/person**

includes lodging, food & materials.  
Scholarship funds are available.

**Sep 5-7, 2025**

## SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN  
NOON SUNDAY // CHECKOUT

## WHERE

The McIver Center at The Retreat  
1351 Wayzata Boulevard East, Wayzata, MN

## REGISTER

Complete the reverse side of this flyer. Space is limited.  
A minimum of 30 days of continuous sobriety is required to attend our spiritual retreats.



John MacDougall, D.Min., has served in parish ministry, and also worked with Hazelden for twenty years, ultimately as Director of Spiritual Guidance, directing the Spiritual Care Department and the Family Program. He came to The Retreat in 2014, as the Spiritual Care Coordinator. He was the co-author with Bowen White, M.D. of "Clinician's Guide to Spirituality", and is the author of "Being Sober and Becoming Happy". He is married to Priscilla, and they live in Alamo Heights, TX. Since his move to Texas he has still been actively engaged at The Retreat, offering lectures, facilitating groups, and hearing 5th Steps. John and Priscilla have both been active in Twelve Step programs for over 30 years.

## ATTENDEES WILL EXPERIENCE

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- **Connection** with others on this spiritual path, including group discussion
- Exploration of **spiritual practices**
- **Nourishment**, with meals prepared by our award-winning chef

FOR MORE INFORMATION CONTACT  
Jen or Sherry @ 952.476.0566  
TheRetreat.org

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*If e-mailing this form, please do not include credit card information. If paying via credit card, please print and mail this form, or call us to process your payment.*

PLEASE SIGN ME UP!

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_ TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ MOBILE PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**\$325/person** includes lodging, food & materials.  
Scholarship funds are available.

*\$75 of this fee is a non-refundable/non-transferrable deposit*

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$

CREDIT CARD # \_\_\_\_\_ EXP/ DATE \_\_\_\_\_

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE \_\_\_\_\_

Please make your payment along with completed Registration Form to the address below:

**The Retreat**

1221 Wayzata Boulevard East

Wayzata MN 55391

952.476.0566 or 1.877.446.9283

FAX : 952.404.7208

theretreat.org

**Being Sober and Becoming Happy**

**Weekend retreat with John MacDougall**

Friday, September 5 - Sunday, September 7, 2025

Check-in 4:00 – 5:30pm on Friday | Check-out at Noon on Sunday

The Mclver Center at The Retreat 1351 Wayzata Blvd. E. | Wayzata, MN

**SPONSORED BY : The Retreat**

